

SENIOR CORNER

Marsha Petrillo, Director – 508-278-8622

Robin Heron, Nutrition Site Manager – 508-278-7609

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Mary Rice, Outreach Coordinator – 508-278-8638

The mission of the Uxbridge Council on Aging Board and the Director of the Senior Center is to identify the needs of the elderly population, to educate the community and to promote or implement services to fill such needs; to coordinate services and to be a resource for seniors, families and the Community.

Message from Marsha Petrillo, Director~ Dear Reader: I write this message in the wake of the watery weekend of October 15th. Many of us lost water pressure and our connection to town sewer. As the rains continued, the rivers rose. Basements flooded, roofs leaked automobiles were submerged. The Crown and Eagle apartment complex had to be completely evacuated. As the unimaginable water levels continued to rise, I noticed the human need for many of us to compare the 2005 storm with the previous flood of 1955. I overheard one young mother say: “I imagine this is what the flood of ’55 looked like 50 years ago”. One senior citizen said: “This is our Hurricane Katrina. Now I know what it feels like to be evacuated from my home and away from my belongings like so many of our fellow Americans in the Gulf”.

When sudden traumatic relocations occur it can cause community chaos. But that was not the case in our community. Our emergency management team came together and demonstrated great organizational skills and professionalism. Everyone involved in the evacuation of Crown and Eagle displayed patience, care and compassion throughout the long wet ordeal. Reader, I wish you could have seen your emergency management team collaborating and brainstorming to establish the best possible means for residents to communicate with one another and with the organizations and volunteers standing by to assist. Extra town personnel were called in to field and direct phone calls. Emergency messages were carefully crafted and displayed across the local access channels for your information and safety. The Senior Center was transformed into an emergency shelter with the gracious help of the American Red Cross. The Lydia Taft House opened its doors and sheltered three senior citizens overnight until family and friends could reunite from distant locations. It was an amazing community effort and I was very proud to be part of it. So, dear reader, this November I ask myself and you to pause and reflect on the tremendous behind-the-scenes teamwork involved to assure your safety. Take time to send out an extra note of

thanks to your community leaders, civic organizations and local businesses. Give thanks for our political leaders, our Police Department, our Fire Department, our EMT's our School Superintendent, DPW, Highway and Water Department workers. Volunteer at our Senior Center and support your Town Hall employees. Lift up and encourage the many dedicated students who provided valuable community service hours at the Senior Center. Become a mentor. Donate to the American Red Cross. Remember, the Senior Center is accepting monetary donations for the continuing relief efforts in the Gulf. Open your hearts, open your wallets and help someone in need. Support our local VFW, especially the women who banded together and served up a delicious hot ham dinner for our displaced residents and emergency management team. Remember your selectmen, and the local volunteers who helped to distribute gallons of fresh drinking water to the residents of Calumet and Centennial Courts. And, lastly, don't forget to give thanks for each other, neighbor to neighbor, house to house.

Reader, the heavy rains could have washed away everything: everything, but our chance to care for each other. Side by side and heart to heart we managed to form our own bridge. One that could not erode. And, in the safe return of our senior citizens, we found our way back to dry land. Back to a place we promise to hold safe for our children and for each other. Back to a place we are proud to call Uxbridge.

SPECIAL "Thanksgiving" ~ From the Director... I owe and wish a very Happy Thanksgiving to all who made World Smile Day so successful. Thank you HWF, Robin Heron, and Lucilles for making someone smile by way of your generous and random acts of kindness. A special and warm thanks to Chief Albin for always agreeing to tape our events on such short notice. Your talent is remarkable and we so appreciate you! Thank you to the Post Note Singers for lifting us up with song at Tri Valley's 21st Anniversary celebration last month. Thank you Carol Muschler, Director of the Nutrition Program sponsored by Tri Valley, for speaking on behalf of your very important program. Thank you Elton Jones, Herve and Anna Gazaille, Kay Bedard, and Evelyn Departie for your faithfulness and continued support of our center. At this time, I want to thank our medical drivers, Steve, Janet, Mary, Kathy and Bob and our Catholic Charities secretary, Millie, our van driver Joe, our custodian Dan, and our outreach coordinator, Mary for their dependability, dedication and their tireless efforts to serve our community. Thank you for helping so many of our local residents when they need it most. Thank you for your flexibility, for your gentle reminders and suggestions and for helping me stay sane. I would be lost without you. Thank you Gloria Skvoric for our new hand-made

table runner. It is so beautiful! Thank you Rita Hadley for sharing your recent winnings with us. Also, my tastebuds thank you Rita for the delicious apple strudel. I have never tasted anything quite as yummy! Thank you Sean Cole, Ginny Norton, and Al Emond for your recent in-kind donations. Thank you Beverly and Lisa Blanchard for your recent medical equipment donations. We are grateful to Officer Brian MacDonald for taking time out of his busy day to offer CPR classes here at the center. Thank you Chief Freitas for your support with our CPR classes. I owe our CPR attendees: Rita Hadley, Mary Rice, Millie Tymrakiewicz, Richard Provencal, Joe Rondeau and Steve Swift for their dedication and willingness to attend class after hours. Last, but not least, I am most grateful to Alma DeManche for covering the Senior Center during the evacuation of Crown and Eagle. Ann Schavoine and the women and men from the VFW for replenishing our drained bodies with a delicious ham dinner on Sunday, October 16th. May your many kindnesses come back to you twofold. I truly don't know how to express my gratitude to the many students who helped at the center taking messages, logging in names, making sign-in sheets and lending your love to our senior citizens during this difficult time. Simply saying thank you does not seem enough. And to the American Red Cross workers: Pam Cahill, Kim Goodnow, Jen, Ellen, John, Karen Marzilli and Jean Vendetti, thank you from the bottom of my heart for your hard work and dedication. To Mary Davis and the staff at the Lydia Taft Nursing Home: your graciousness and warm welcome to our three seniors evacuated from the Crown and Eagle is truly appreciated. Thank you for opening your doors, and your hearts by offering private beds, shelter and specialized professional care for our senior citizens when they needed it most.

WELCOME DAN MAHONEY! The Senior Center is happy to welcome Dan Mahoney as our new part time custodian. Dan is a local Uxbridge resident and a member of St. Mary's parish. Please stop by the center and personally welcome Dan to our Senior Center. Dan works M-F from 1-4pm. Welcome aboard Dan.

WELCOME TAI CHI INSTRUCTOR, Kristina Martin. Recently here from Sweden, Kristina has been a Tai Chi instructor for 7 years, and a student of Sifu Dan Docherty. She has competed in tournaments all over Europe, and holds several medals. She has also studied many other martial arts. In addition to having a job as a massage therapist and esthetician in a salon, Kristina is also studying Chinese Medicine. Tai Chi is held every Monday morning at the Uxbridge Senior Center from 10:00 am to 11:00 am. Classes are open and you can jump in at any time. Come and welcome Kristina and see what this holistic exercise can do for you! Call the Senior Center at 508-278-8622 for more information.

DONATION REMINDER: Please make all checks payable to: THE TOWN OF UXBRIDGE when making monetary donations to the

Senior Center. Checks payable to the Town of Uxbridge will be directly deposited into our donations and gift account on a weekly basis. Please know that your donations will be used to help fund educational programs, special events, and additional services offered only at the Senior Center. If you have any questions about how to make donations to the Uxbridge Senior Center please do not hesitate to call me at 508-278-8622. We are grateful for your donations and appreciate your continued support of our Senior Center.

SENIORS, PLEASE DON'T FORGET...

We have medical equipment and other items you can borrow at any time. Just stop by the center if you are in need of canes, crutches, wheelchairs, bathtub equipment, walkers, VHS videos, magazines or books. If you have music CD's, gently used books, or medical equipment you no longer need, please consider donating these items to us so we can pass them along. This month we are especially in need of wheelchairs (in good working order, please) and metal lightweight crutches. Your donations help others in need. Thank you!

WISH LIST

The Senior Center is in need of diabetic candy, diabetic cookies, healthy snack foods, decaffeinated coffee, movie videos and big band music CD's. We appreciate your gifts. Call 508-278-8622 if you have donations you think we could use.

COMPUTER CORNER

The "Friendly Computer Lab" is offering Beginning Microsoft Word classes on Wednesdays from 4-5 pm. Betsey Youngsma is our Tuesday teacher. Classes run for one hour from 1:30 pm to 2:30 pm surfing the web and sending off e-mails. Don't miss this adventurous class! We are happy to announce and welcome Amy Thomas on Mondays from 5-6 pm. Amy is highly skilled and loves teaching. If you have some skill with Microsoft Word and are ready to move up to the next level, Amy's class is designed just for you. Learn how to insert graphics, pictures, tables and more. Call the Senior Center at 508-278-8622 to inquire about enrollment.

GROCERY SHOPPING:

Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our

Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.

ANNOUNCEMENT: We are pleased to announce our SHINE representatives, Mary Rice and Phyllis Howell, will be available to assist you with any health insurance and prescription drug questions on the first Thursday of every month from 9:00 am to 11:30 am. Please call the Senior Center at 508-278-8622 to make an appointment.

NOVEMBER- 2005 - UPCOMING EVENTS

Pitch Party Every Monday Night: November 7th, 14th, 21st, and 28th. Pitch begins @ 6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1st, 2nd, 3^d prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

Tues., Nov. 1st: 1:30 – 2:30 pm Computer Class with Betsy Youngsma. Surf the web and e-mail.

7:00 pm ~ Mental Health Support Group meeting at the Senior Center, 36 South Main Street. Please call Connie at 278-9833 if you have any questions or need more information about this important support group. All are welcome.

Weds. Nov 2nd: 9:00 am ~ Interagency meeting at the Police Department

4:00 pm – 5:00 pm Computer Class – Beginning Microsoft Word

Thurs., Nov. 3rd: SHINE Representatives Mary Rice and Phyllis Howell will be on hand from 9:00 am to 11:30 am to answer your medical and insurance questions. First come First served or call 508-278-8622 to schedule an appointment.

Mon., Nov. 7th: 10:00 am Tai Chi Class

5:00 pm to 6:00 pm Computer Class with Amy Thomas - Microsoft Word II

Tues., Nov. 8th: **5:00 PM COA Meeting**

**1:30 – 2:30 Computers with Betsy Youngsma.
E-mail and internet**

Weds., Nov. 9th: **1:30 pm – Senior Club meets**

**4:00 pm – 5:00 pm Computer Class ~
Microsoft Word for beginners**

Thurs., Nov. 10th: **Wal-Mart Shopping – Pickup begins @ 8:30
AM – You must call each month to reserve
your seat. Sorry, we cannot save your seat
from month to month. Please call if you can't
make it so the next person can jump aboard
from our waiting list. Thank you!**

12:15 to 1:15 Bloodpressure Clinic / VNA vitals

Fri., Nov. 11th: **Center closed – Veteran's Day**

Mon., Nov. 14th: **10:00 am – 11:00 am Tai Chi Classes**

Tues., Nov. 15th: **1:30 – 2:30 Computer Classes with Betsy
Youngsma. E-mail and internet**

Weds. Nov. 16th: **1:00 pm – 3:00 pm VNA FLU CLINIC. First
come first served. Please bring your Medicare
card. Uxbridge Residents only.**

**4:00 – 5:00 pm – Computer Class – Microsoft
Word for beginners.**

Sat., Nov. 19th: **SERVE Thanksgiving Distribution begins at
10:00 am.**

Mon., Nov. 21st: **10:00 – 11:00 am ~ Tai Chi class all are
welcome!**

5:00 – 6:00 pm Computers with Amy Thomas

Microsoft Word II

Tues., Nov 22nd:

Thanksgiving Day Turkey Dinner – Please call Robin @ 508-278-7609 to make your reservation for lunch.

Weds. Nov. 23rd:

NO COMPUTER CLASS TODAY

Thurs., Nov. 24TH:

Center Closed in observance of Thanksgiving

Fri., Nov. 25TH:

Center Closed – Happy Thanksgiving to all!

Mon., Nov 28th:

Fallon Rep., Jacqueline St. Germain, from 10-11:30 am. Jacqueline is an experienced Fallon executive and will be here to answer all your insurance questions. NOTE: Fallon has new health care options with reduced premiums. Come and discuss what plan is right for you. Ask about Medicare Part D and if your Fallon Plan will be effected. First come first served.

10:00 – 11:00 am ~ Tai Chi Classes are open you can join at any time. Call 508-278-8622 for more information.

5:00 pm – 6:00 pm ~ computer classes with Amy Thomas. Microsoft Word II

Tues., Nov., 29th:

1:30 –2:30 PM – Computer Class with Betsy Youngsma – E-mail and Internet

Weds., Nov., 30th:

4:00 pm – 5:00 pm Computer Class – Microsoft Word for beginners.

REMINDER: Transportation to and from medical appointments is available at the Senior Center. Call ahead, as soon as you book your next appointment. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict. Call us at 508-278-8622 to make your medical appointment reservation.

Don't forget! Transportation is also available to the daily lunch program. Call 24 hours in advance to make a reservation for lunch. Bring a friend!

NOVEMBER MENU - We invite you to come and join us for lunch beginning at 12 noon daily. Let us know how you like our new meal selections. Please call Robin @ 508-278-7609 at least one day ahead

so we can reserve a meal for you. \$2 Donation per meal - \$3.50 ages 59 and under.

1ST: CHICKEN CANTONESE
2ND: ROAST TURKEY W/GRAVY
3RD: VEAL PARMESAN
4TH: MEATBALLS W/SPANISH SAUCE
7TH: BUTTERMILK CHICKEN
8TH: SEAFOOD NEWBURG
9TH: MEATLOAF & GRAVY
10TH: CHICKEN DIVAN
11TH: CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY
14TH: BEEF STEW
15TH: SPAGHETTI & MEATBALLS
16TH: CHICKEN W/SUPREME SAUCE
17TH: BAKED HAM W/PINEAPPLE SAUCE
18TH: FISH VICTOR
21ST: VEGETABLE CHEESE BAKE
22ND: THANKSGIVING SPECIAL ROAST TURKEY/GRAVY & ALL THE FIXIINS!
23RD: MACRONI & CHEESE
24TH: CENTER CLOSED /THANKSGIVING DAY – NO MEALS SERVED
25TH: CHICKEN FRICASSEE (The Sr. Center is closed the day after thanksgiving) Tri Valley will serve lunch.
28TH: GARDEN SWISS STEAK
29TH: CHICKEN MORNAY
30TH: BEEF ZITI BAKE

The menu includes milk and margarine. Menus are subject to change. Reservations must be made 24 hours in advance. Please call 508-278-7609

Happy Thanksgiving Uxbridge!